Mat-Su Monitor

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MAT-SU MONITOR

A MONTHLY NEWSLETTER FOR MAT-SU COLLEGE STUDENTS AND STAFF

VOL. III MSC NEWSLETTER NOV./DEC. 1988

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How plump is yer Gold Poke?

Are things kinda tight around the ol' homestead? Wonderin' how you're gonna survive till the sluice-box thaws out? Have you applied for Pell Grant for 88-89 yet? It's not too late, you know. If your financial situation is not too shiny-bright, it is possible you will qualify for Pell. Apply now--it could keep the wolf away from your door, and put a little more bacon in the pot of beans!

More. . . The local Soroptimist Club is offering a $400. scholarship. This is for a mature woman who must enter or return to the job market. Candidates should be heads of households. Deadline for applying is December 15, 1988. Applications available at the Financial Aid Office.

Still more. . . Applications for the Nick Begich Scholarship and Internship are also available. This is for a student in government or education. Deadline on this one is February 15, 1989.

So, git off yer duff an' see what you can do to get the wrinkles out of yer gold poke (and bellies)!

Barb Carney
Financial Aid Office

HAPPY HOLIDAYS!

It seems like only yesterday when we were registering for the 1988 Fall semester; and what a semester it has been! We started this school year as Matanuska - Susitna College and will end it as an official extension site for the University of Alaska, Anchorage.

Now this semester is nearly over and finals are upon us. It has been a school year of challenges and hopes which we have all dealt with well. I have appreciated your enthusiastic participation in making this a time which will go into journals of Matanuska - Susitna College for future generations to read about.

We are looking forward to seeing you all here next semester. Have a wonderful Holiday and return safely in the Spring.

Sincerely,

for Woodby
Glenn Massay
Campus President

More Fun and Games

Math Department
Dr. Chang

1. In the space provided below, write any three digit number. (The first and last digit must differ by more than one.)

2. Reverse the order of the three digits and subtract the smaller number (three-digit number) from the larger number (three-digit number).

3. Reverse the digits of your answer in step 2 and add it to the answer in step 2.

4. Multiply 10^6.

5. Subtract 764,523,685.

6. Under each 1 in your answer, write the letter A.
   Under each 2 in your answer, write the letter E.
   Under each 3 in your answer, write the letter M.
   Under each 4 in your answer, write the letter R.
   Under each 5 in your answer, write the letter S.
   Under each 6 in your answer, write the letter X.
   Under each 7 in your answer, write the letter Y.

7. Write the message.

Fun and Games constructed by Mandy Eckman, Mat-Su College. Palmer, Alaska

MAT-SU COLLEGE
PROFESSIONAL DEVELOPMENT COURSES
ADULT EDUCATION - SPRING '89

SELF IMPROVEMENT

SI500 Creative Suffering
SI501 Overcoming Peace of Mind
SI502 You and Your Birthmarks
SI503 Guilt Without Sex
SI504 The Primal Shrug
SI505 Ego Gratification Through Violence
SI506 Molding Your Child's Behavior Through Guilt And Fear
SI507 Dealing With Post-Realization Depression
S1508 Whine Your Way To Alienation
S1509 How to Overcome Self-Doubt Through Pretense and Ostentation

BUSINESS AND CAREER

BC601 How I Made $100 In Real Estate
BC602 Money Can Make You Rich
BC603 Packaging and Selling Your Children
BC604 Career Opportunities in El Salvador
BC605 How To Profit From Your Own Body
BC606 The Underachiever's Guide to Very Small Business
BC607 Tax Shelters For The Indigent
BC608 Looters Guide To American Cities
BC609 Mortgage Reduction Through Arson
BC610 Industrial Real Estate Opportunities in India

PRACTICAL ECONOMICS

EC403 Convert Your Kirby Vacuum To A Fully-Automatic Rifle
EC404 How To Convert Your Family Room Into A Garage
EC405 Burglerproof Your Home With Cement
EC406 Basic Kitchem Taxidermy
EC407 Sinus Drainage at Home
EC408 1001 Uses for Your Kirby Vacuum
EC409 Repair and Maintenance of of Your Virginity
EC410 How to Convert A Wheel-Chair into a Dune Buggy
EC411 Christianity and the Art of R.V. Maintenance
EC412 Cat Hair Macrame
EC413 What To Do With Your Conversation Pit

HEALTH AND FITNESS

HF202 Creative Tooth Decay
HF203 Exercism and Acne
HF204 The Joys of Hypochondria
HF205 High Fiber Sex
HF206 Suicide and Your Health
HF207 Biofeedback And How To
HF208 Skate Yourself to Regulartiy
HF209 Understanding Nudity
HF210 Tap Dance Your Way to Ridicule
HF211 Optional Body Functions
HF212 Dressing Right/Dressing Left - How It Can Change Your Life
HF212 The Braille System Of Anatomy

ARTS AND CRAFTS

AC303 Self-Actualization Through Crochet
AC304 Needlecraft For Junkies
AC305 Cuticle Crafts
AC306 Bonsii Your Pet
AC307 How To Draw Genitals

CLASSROOM SURVIVAL SKILLS

ENGLISH 100B

Are you coming back to school after many years working and raising a family?

Were your grades "somewhat" less than magnificent when you were in high school? (A for good times, D for studing)

Are you going to be juggling work and family responsibilities along with attending college this fall and are worrying about how you're going to manage it all?

If any or all of these descriptions fit you, then Classroom Survival Skills, English 100B, is the course FOR YOU!

What do you learn in CLASSROOM SURVIVAL SKILLS?

1. How to understand your reasons for going to and how to set goals based on these reasons.

2. How to understand the source of your anxieties about school and how to conquer them.

3. How to organize your time efficiently for maximum space for your studies.

4. How to listen to lectures and take notes that will help you in your studies.

5. How to read your textbooks and reference works efficiently and well.

6. How to study for tests and take tests.

7. How to pick instructors whose teaching methods match your learning style.

8. How to get the best out of your memory.

9. How to find help when you have problems at school.

10. HOW TO ENJOY YOUR COLLEGE EXPERIENCE AND GRADUATE A BETTER YOU!!!!

Does this sound like the kind of course that would help you get started on your successful college career? If so, plan to sign up. English 100B will be offered this year on Wednesday, January 4th from 9:00 - 3:30 and Thursday, January 5th from 9:00 -3:30 and Friday, January 6th from 9:00 - 11:45. In 2 1/2 days you could be confident and ready to go for the regular semester.

My Ten Commandments
by Elodie Armstrong

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You handle only one at a time anyway.

Thou shalt not take problems to bed with you, for they make very poor bedfellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen do you hear ideas different form your own. It's very hard to learn something new when you're talking.

Thou shalt not become bogged down by frustration, for 90 percent of it is rooted in self-pity, and it will only interfere with positive action.

MUSIC AT MAT-SU COLLEGE

COMMUNITY CHORUS
STRINGS

COMMUNITY BAND
Baroque Music

The instructor for the courses listed below is Jess Baker B M & M Mus Ed with advanced study in piano and choral work 25 years of Public School Music and for eight years organist and choir director at EAFB Now operates his own teaching studio in the Butte Area. Phone 745-2954 for information

MUSIC HISTORY: #222 This is a continuation of first semester Music History. Beginning with the BAROQUE period we listen and explore the arts, politics, geography, and history of time through the present. Two semesters generally required for most degree programs.

FUNDAMENTALS OF MUSIC: #111 This course is designed to teach music reading skills to non music readers Notation, Key signatures, chords and harmonic structures will be explored. Hands on experience at the keyboard will be an important conclusion to this class

NOONTIME SINGERS: #101 An enthusiastic group of singers and even some non singers inaugurated this class in September. Music of different eras, including contemporary is explored during class time. Tapes are provided to help you learn your part. We sing 3 and 4 part arrangements Our very first performance will be at the Palmer Pioneer Home on Dec 9 at 4:00 P.M. Come hear us !!! If you like to sing or think you do, for credit or non credit, this class is for you, Main class period is on Wednesday with an extra class on Monday HIGH NOON!! Come, and join in the fun with us.

APPLIED MUSIC: # 105.107.108.109 111 are available for beginners or advanced students. A lab fee is required. Lessons are arranged at your convenience and the classes (lessons) proceed on a gradual progression from where you are to where you want to be

"Golden Rules"

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it up.
4. If you break it, admit it.
5. If you can't fix it, call in soneone who can.
6. If you borrow it, return it.
7. If you value it, take care of it.
8. If you make a mess, clean it up.
9. If you move it put it back.
10. If it belongs to someone else and you want to use it, get permission.
11. If you don't know how to operate it, leave it alone.
12. If it's none of your business, don't ask questions.
13. If it ain't broke, don't fix it.
14. If it will brighten soneone's day - SAY IT !

A WORD FROM STUDENT GOVERNMENT

As we approach this Holiday Season, let's not forget its message of Peace and Love. We, of Student Government, would like to express our deepest gratitude to the Administration, Faculty, Staff and fellow students for their participation and assistance during this past semester.

If you haven't noticed, we have decorated the cafeteria for your Holiday pleasure. We are also hosting our 3RD ANNUAL CANNED FOOD DRIVE. If you have any non-perishable items you would like to donate, please put them in the barrel located by the Christmas tree in the cafeteria. All proceeds go to the Salvation Army to be distributed as needed through-out the Mat - Su Valley.

If you have a need for Christmas or the Holidays, you can receive assistance by phoning 745-7079.

We wish each and everyone of you a very Happy Holiday and fantastic New Year!

A special "Thanks" for those who showed their Christmas Spirit by assisting with the cafeteria decorations:

Mike Jacobs
Hanna Leary
Phyllis Kern
Gene Criss
Denver
Debbie
Woody Hayes